

AQUATIC & FITNESS Center

2024 Winter 2 Group Fitness Schedule • February 12th - March 15th



AFC - Aquatic & Fitness Center • QFR - Quinault Fitness Room

*Available virtually on Zoom! Links on the Staying Fit page on KYA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TAI CHI 8:45am (Resident Led) AFC (1 hr)	BASIC WATER FITNESS 7:30am (Resident Led) AFC (1 hr)	CHAIR YOGA* 10:00am w/Tay AFC (1 hr)	BASIC WATER FITNESS 7:30am (Resident Led) AFC (1 hr)	TAI CHI 8:45am (Resident Led) AFC (1 hr)
CHAIR YOGA* 10:00am w/Tay AFC (1 hr)	YOGA 2* 8:00am w/Charles AFC (1 hr)	WATER AEROBICS 10:00am w/Rosanna AFC (50 min)	YOGA 2* 8:00am w/Charles AFC (1 hr)	CHAIR YOGA* 10:00am w/Tay AFC (1 hr)
WATER AEROBICS 10:00am w/Rosanna AFC (50 min)	BOOTCAMP* 8:30am w/ Kim QFR (45 min)	AQUA ZUMBA 11:30am w/Rosanna AFC (1 hr)	BOOTCAMP* 8:30am w/ Kim QFR (45 min)	WATER AEROBICS 10:00am w/Rosanna AFC (50 min)
AQUA ZUMBA 11:30am w/Rosanna AFC (1 hr)	AQUA FIT 9:30am w/Kim AFC (1 hr)	YOGA 1* 11:15am w/Tay AFC (1 hr)	AQUA FIT 9:30am w/ Kim AFC (1 hr)	YOGA 1* 11:15am w/Tay AFC (1 hr)
YOGA 1* 11:15am w/Tay AFC (1 hr)	SIMPLIFIED TAI CHI 9:30am (Resident Led) QFR (1 hr)	FUNCTIONAL FITNESS* 11:30am w/Charlie QFR (1 hr)	SIMPLIFIED TAI CHI 9:30am (Resident Led) QFR (1 hr)	AQUA ZUMBA 11:30am w/Rosanna AFC (1 hr)
FUNCTIONAL FITNESS* 11:30am w/Charlie QFR (1 hr)	STRETCH AND STRENGTH* 10:30am w/Marion AFC (1 hr)	PD MOVE IT! 12:30pm w/ Christie AFC (1 hr)	STRETCH AND STRENGTH* 10:30am w/Anne AFC (1 hr)	FUNCTIONAL FITNESS* 11:30am w/Charlie QFR (1 hr)
QIGONG* 1:00pm w/Heather C QFR (45 min)	TJQMBB* 12:15pm w/ Heather D QFR (45 min)	QIGONG* 1:00pm w/ Heather C QFR (45 min)	LINE DANCING (1A-G) 12:00pm (Resident Led) AFC (1 hr)	CHAIR PILATES* 1:00pm w/Trisha AFC (50 min)
PD MOVE IT! 1:00pm w/ Erin AFC (1 hr)	LINE DANCING (1A) 12:00pm (Resident Led) AFC (45 min)	WEIGHT TRAINING* 2:30pm w/ Andrew QFR (50 min)	TJQMBB* 12:15pm w/ Heather D QFR (45 min)	MAT PILATES* 2:00pm w/Trisha AFC (50 min)
LINE DANCING (1A-C) 2:00pm (Resident Led) AFC (1 hr)	CHAIR PILATES* 1:00pm w/Trisha AFC (50 min)	WATER VOLLEYBALL 3:30pm (Resident Led) AFC (1.5 hrs)	TRX 1:15pm w/ Heather D AFC (1 hr)	ADAPTIVE DANCE 2:30pm w/Alice QFR (1 hr)
WEIGHT TRAINING* 2:30pm w/ Andrew QFR (50 min)	MAT PILATES* 2:00pm w/Trisha AFC (50 min)		STEP AEROBICS 2:30pm w/ Heather D AFC (1 hr)	WATER VOLLEYBALL 3:30pm (Resident Led) AFC (1.5 hrs)
WATER VOLLEYBALL 3:30pm (Resident Led) AFC (1.5 hrs)				

SUNDAY	SATURDAY
WATER VOLLEYBALL 3:30pm (Resident Led) AFC (1.5 hrs)	TRX 1:15pm w/ Heather D AFC (1 hr)
	STEP AEROBICS 2:30pm w/ Heather D AFC (1 hr)